



Mangala Shri Bhuti

July 29, 2021

Dear Anthony,

I am writing this letter to formally recommend Martha Asselin for your scholarship to support her in retreat practice at Longchen Jigme Samten Ling. Samten Ling is Mangala Shri Bhuti's main retreat center. People have been utilizing the land and cabins since the completion of the first cabin in 1995. During the many years of operation, we have learned that retreatants progress and thrive in an environment where they are responsible for the upkeep of the land and structures themselves. Though the majority of time is spent doing one's formal practice, there is a designated daily Work Period and group protector practice. These activities are focused around the Sangdo Palri Temple at Samten Ling. These activities foster communal harmony, self-sufficiency, and accumulate a great deal of merit which, in turn, supports progress on the path.

Martha has been a wonderful addition to the retreat community at Samten Ling. She is steadily progressing in her formal practice and is always ready to join in with any group efforts. She is extremely capable as a person and is gracious and kind to everyone. She is well prepared to take on the vigors of long-term retreat in this environment and meets all the requirements to be here in this unique and precious environment. I do not doubt that her time at Samten Ling will serve her personally, and contribute to the greater vision of establishing genuine dharma practitioners in the West.

Her current practice is ngondro. Once she finishes her formal numbers, she will then proceed through the Three Roots sadhana practices of the Longchen Nyintik.

Martha works closely with all three Drubpons, or Retreat Masters, and I feel confident in my recommendation that you consider her for your scholarship program.

Yours in the Dharma,

Dzigar Kongtrul Rinpoche